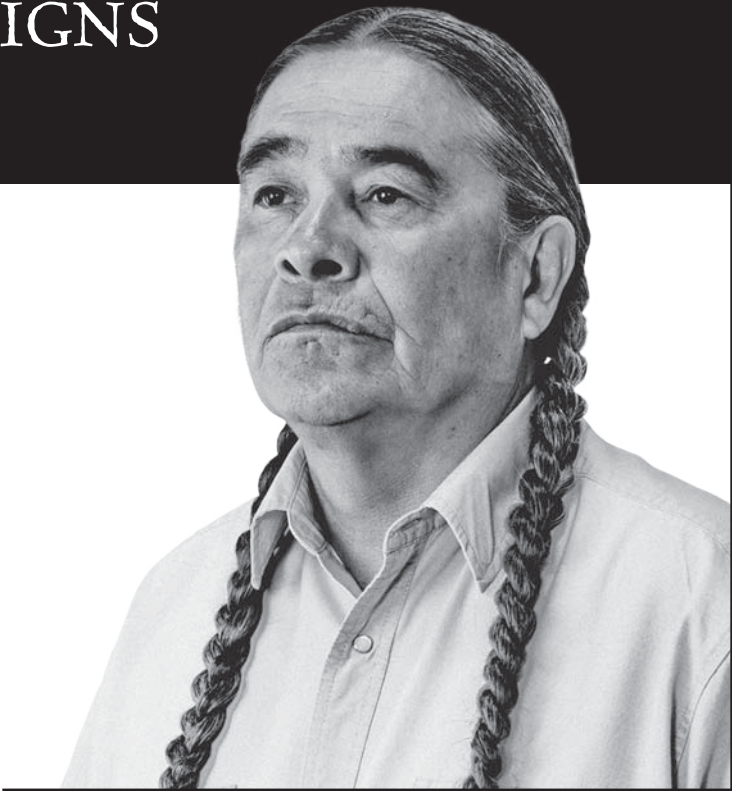


Department of Public Health & Human Services
Cardiovascular Health Program
1400 Broadway Cogswell Bldg. C314B
PO Box 202951 #770
Helena, MT 59620

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RECOGNIZE STROKE SIGNS AND SYMPTOMS



Stroke awareness campaign starts in Fort Belknap communities

An education campaign to reduce disabilities and death from stroke on the Fort Belknap Reservation has begun.

The campaign is a project of the Montana Cardiovascular Health Program, Department of Public Health and Human Services, with the agreement of the Fort Belknap tribes and the assistance of tribal health.

According to Crystelle Fogle, program manager for the Montana Cardiovascular Health Program, stroke is the leading cause of long-term disability and the third leading cause of death in the nation. “Many people don’t realize that the same factors that increase risk of heart attack – such as diabetes, high cholesterol and high blood pressure – also increase your chance of having a stroke,” she said.

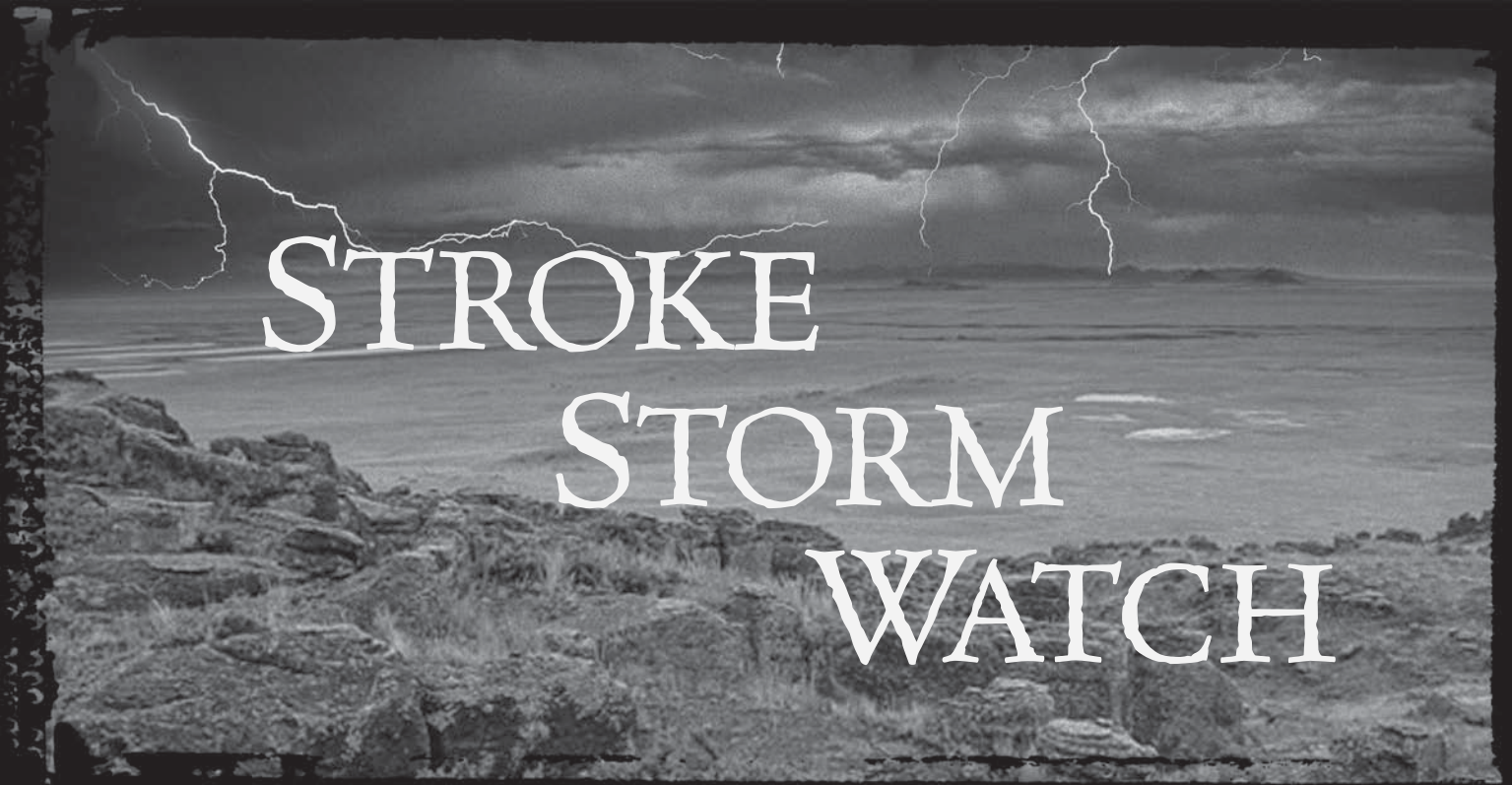
Considering the prevalence of these factors among American Indians of the Plains tribes, this knowledge is critical for the people of the Fort Belknap communities.

A stroke occurs when the blood supply to a part of your brain is interrupted or severely reduced, and brain tissue is deprived of oxygen and nutrients. Stroke affects different people in different ways. It depends on the type of stroke, the area of the brain affected and the extent of the brain injury. Paralysis or weakness on one side of the body is common. Brain injury from a stroke can affect the senses, movement, speech and the ability to understand speech. It can also affect behavioral and thought patterns, memory and emotions. The impact on stroke survivors and their families is often extensive – and permanent.

Each minute after a stroke causes the death of brain cells. But treatments are available that can greatly reduce long-term disability and sometimes help patients recover completely. The key is fast treatment – and knowing exactly when symptoms began. Increased awareness of this information is the goal of the campaign for the Fort Belknap people.

“We hope to help Fort Belknap families in both preventing stroke and understanding the need for fast treatment,” Fogle added. She works with a team of public health experts who have focused on disparities in cardiovascular health for American Indians.

Local health educators and a panel of reservation residents have already contributed to the campaign’s development. Harold Main from the Fort Belknap Reservation is featured in the media campaign.



A stroke is a storm in the brain.
Watch for the warning signs and call 9-1-1 immediately.

To learn more about stroke, please visit the American Stroke Association at strokeassociation.org or call 1-888-4STROKE.

Crystelle Fogle, MBA, RD
Department of Public Health and Human Services
Phone: 406-947-2344



KNOW THE SIGNS

- Sudden severe headache without a known cause

- Sudden dizziness

- Sudden loss of vision in one or both eyes

- Sudden confusion, trouble speaking or difficulty understanding



- Sudden difficulty walking

- Sudden weakness or numbness of the face, arm or leg, especially on one side

- Sudden loss of balance or coordination

KNOW THE TEST

ASK THEM TO SMILE

- Stroke sign: one side of the face may not move

ASK THEM TO RAISE BOTH ARMS

- Stroke sign: one arm may drift or not move

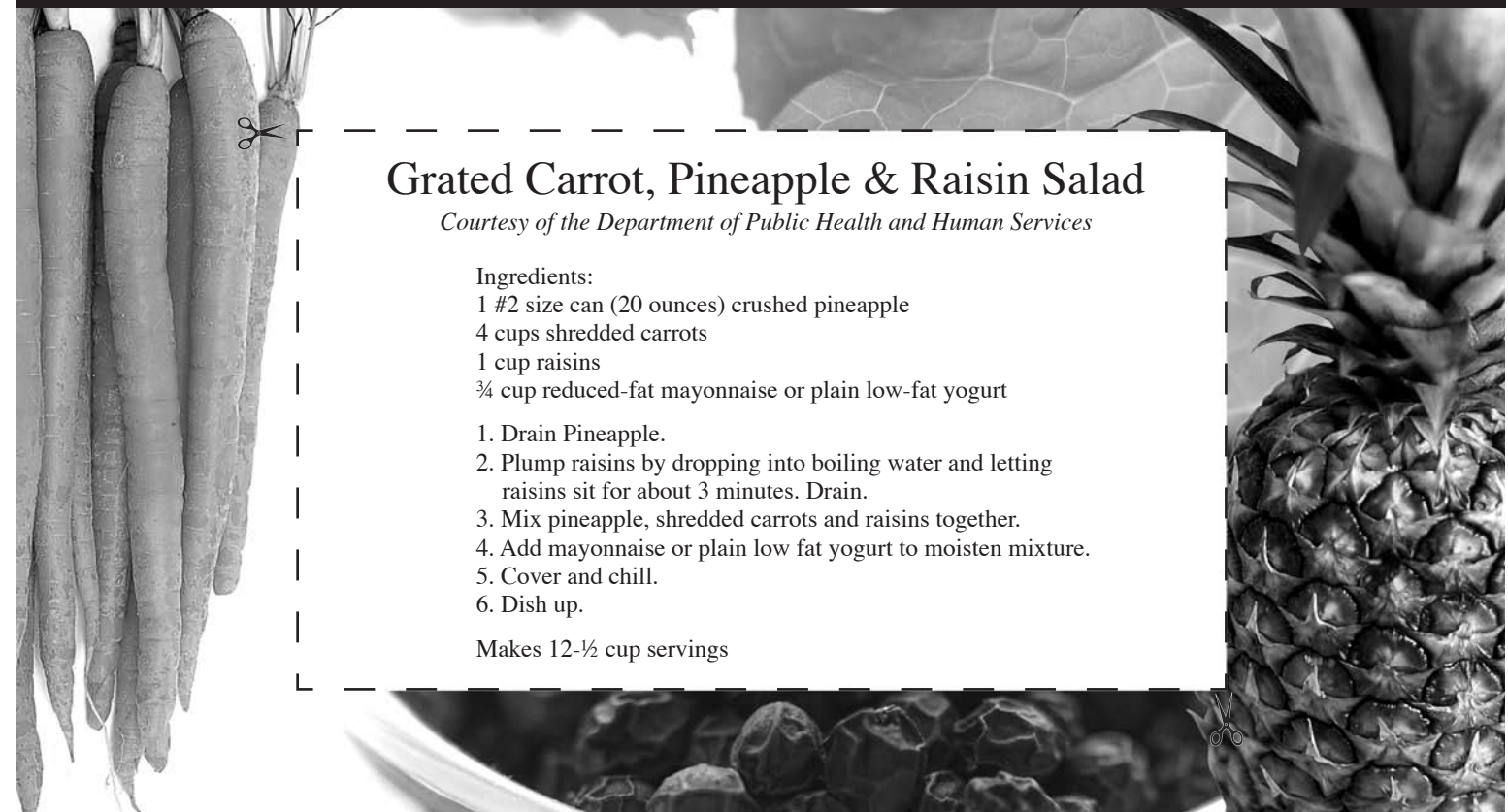
ASK THEM TO REPEAT A SENTENCE

- Stroke sign: the words may be incorrect or slurred

If you or someone you know experience these symptoms – even if the symptoms appear and then go away – call 9-1-1 immediately.

Every minute counts.

RECIPE FOR A HEART HEALTHY SALAD



Grated Carrot, Pineapple & Raisin Salad

Courtesy of the Department of Public Health and Human Services

Ingredients:

1 #2 size can (20 ounces) crushed pineapple
4 cups shredded carrots
1 cup raisins
¾ cup reduced-fat mayonnaise or plain low-fat yogurt

1. Drain Pineapple.
2. Plump raisins by dropping into boiling water and letting raisins sit for about 3 minutes. Drain.
3. Mix pineapple, shredded carrots and raisins together.
4. Add mayonnaise or plain low fat yogurt to moisten mixture.
5. Cover and chill.
6. Dish up.

Makes 12-½ cup servings